

It's hard to quit smoking.



But taking the first step  
is easy.

# Here's how

Good news! **Now everyone** in Minnesota can take advantage of a stop-smoking program that offers personal support.

**There's no cost to you** — whether you're covered by a health plan or not. And even better, research shows that you'll be much more likely to succeed when you use a phone counseling program. Everyone has a number — call today to get started.

## Minnesota's Tobacco Phone Counseling Programs

If you have one of these health plans, call the number listed:

Blue Cross and Blue Shield of Minnesota and Blue Plus	1-888-662-BLUE
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First Plan of Minnesota	1-888-662-BLUE
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HealthPartners	1-800-311-1052
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Medica MinnesotaCare, Choice Care and Medicare members	1-800-292-2336
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All other Medica members	1-800-952-3455
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MCHA members (Minnesota Comprehensive Health Association)	1-866-894-8053
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Metropolitan Health Plan	1-800-292-2336
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PreferredOne Community Health Plan	1-800-292-2336
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UCare Minnesota	1-888-642-5566
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For everyone else: QUITPLAN <sup>SM</sup> Helpline	1-888-354-PLAN <a href="http://www.quitplan.com">www.quitplan.com</a>
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TTY and language interpretation available through most phone counseling lines.

This information provided by Blue Cross and Blue Shield of Minnesota, an independent licensee of the Blue Cross and Blue Shield Association.